

DINNERLY



Fan Fave: Caribbean Plant-Based Tacos with Apple and Radish Slaw



30 minutes



2 Servings

Whether it's Meatless Monday, Taco Tuesday or any day at all, these tacos hit the mark. Cook plant-based mince with Caribbean spices, pile into warm tortillas, then top with a crisp apple slaw.

WHAT WE SEND

- 200g green cabbage
- 1 granny smith apple
- 40g radish
- 1 spring onion
- 250g plant-based mince ⁶
- 10g Caribbean seasoning ¹⁷
- 6 flour tortillas ¹

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 1½ tbs tomato paste
- 2 tbs mayonnaise ³
- 2 tsp white wine vinegar ¹⁷

TOOLS

- mandoline (optional)
- medium frypan
- foil

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 880kcal, Fat 53.7g, Carbs 61.4g, Proteins 32.4g



1. Prep ingredients

Preheat the oven to 220C. Thinly slice the **cabbage** with a sharp knife or mandoline. Cut the **apple** into thin matchsticks (see Kitchen 101). Thinly slice the **radish**. Thinly slice the **spring onion**, including the green part. Crush or finely chop **2 garlic cloves**.



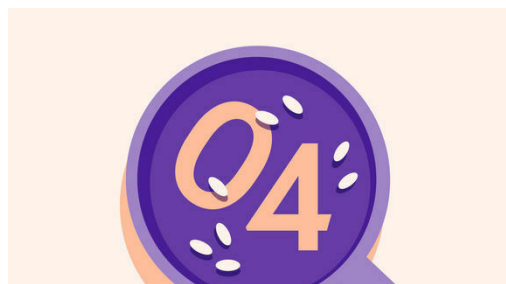
2. Brown mince

Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **plant-based mince, garlic** and **Caribbean seasoning**, breaking up the lumps with a spoon, for 4-5 mins until browned.



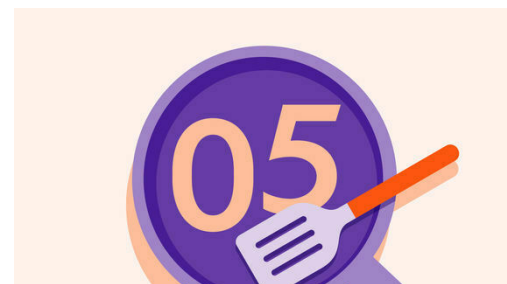
3. Simmer mince

Stir in **1½ tbs tomato paste** and **125ml (½ cup) water** and cook for 2 mins or until the sauce is thickened. Remove the pan from the heat. Taste, then season with **salt and pepper**.



4. Warm tortillas

Enclose the **tortillas** in foil. Put in the oven for 8 mins or until softened and warmed through.



5. Serve up

Meanwhile, put **2 tbs mayonnaise, 2 tsp olive oil, 2 tsp white wine vinegar** and **2 tsp water** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **cabbage, apple** and **radish** and toss to combine. Divide the **slaw** among the **tortillas**, top with the **mince**, scatter over the **spring onion** and enjoy!



6. Kitchen 101

Here's an easy way to cut an apple into matchsticks: quarter the apple, then remove the core and thinly slice. Stack the slices and cut into matchsticks.